

Green Lake

& Evans Pool

Community Center Winter 2007



SEATTLE PARKS
AND RECREATION

Community Center Programs
Lifelong Recreation Programs
Evans Pool Programs

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NEW!

REGISTER ONLINE - it's easy!
www.seattle.gov/parks

SPARC

General Information

Green Lake Community Center

7201 E Green Lake Dr N
Seattle, WA 98115-5301

Phone: 206-684-0780 Fax 206-684-0881
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday – Friday	10 a.m. to 9 p.m.
Saturday	9 a.m. to 5 p.m.
Sunday	Closed

Holiday Closures

Mon., Jan. 1st	New Year's Day
Mon., Jan. 15th	Martin Luther King, Jr. Day
Mon., Feb. 19th	President's Day

Program registration

Online registration begins Monday, Dec. 4 @ 7 a.m. Walk-in and phone-in registration begin Monday, Dec. 4 @ 10 a.m.

Program dates

January 2 - March 30, 2007

You Can Make a Difference!

The Green Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Green Lake's Advisory Council is always looking for new members. Meetings are held on the third Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining.

We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Professional Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Operations Director
Maureen A. O'Neill, N. Recreation Manager
Jeff Skinner, Recreation Coordinator
Barb Drake, Asst. Recreation Coordinator
Mike Chapman, Building Maintenance (AM)
Mark Richardson, Building Maintenance (PM)
Ryan Manning, Weekend Recreation Leader
Damien Hicks, Recreation Leader
Marcel Glenn, Recreation Attendant

Mission

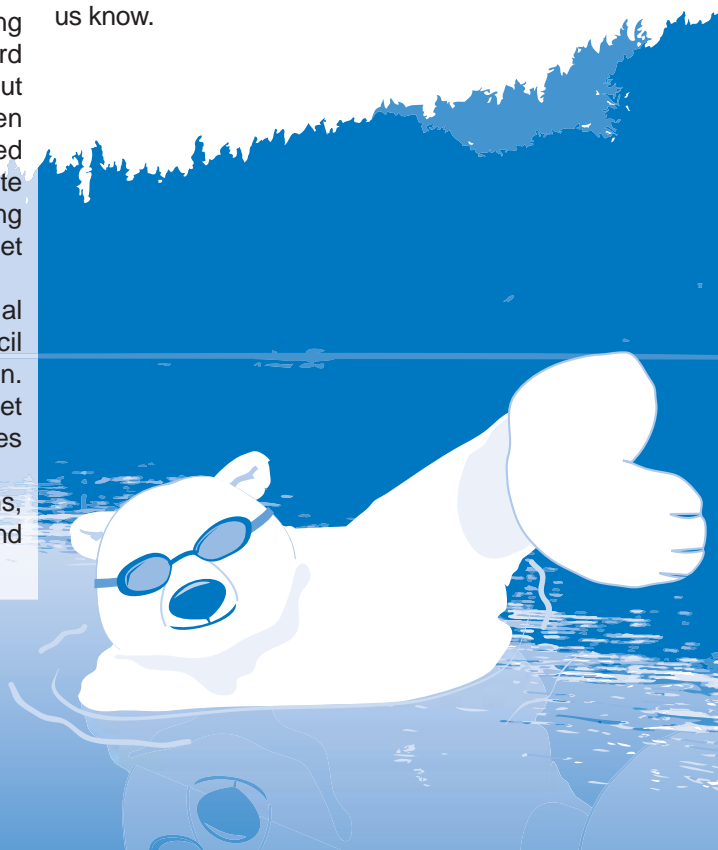
Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Register online!

E-Brochures available! In keeping with our environmental stewardship policies, we are trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our courses online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.



General Information

Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical disabilities.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure (www.seattle.gov/parks/reservations/Facrentalguide.htm).

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card or online while registering. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please request the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Pathway of Lights • Advisory Council • Rooms to Rent

Green Lake Rooms For Rent

Green Lake Community Center has several small and medium sized rooms for rent that are GREAT for birthdays, preschool parties, meetings, potlucks, seminars, and other special gatherings. Stop by to check out our rooms and pick up a Facility Rental Guide that provides ALL the details. Call 206-684-0780 for further information.

Rooms For Rent:

Toddler / Preschool Play Center
Main Floor Room
Teen Room
Two Upper Floor Multi-purpose Rooms
Gymnasium - available on a very limited basis.

Volunteer Opportunity

*Green Lake / Evans Pool Advisory Council
Volunteer Opportunity*

Green Lake / Evans Pool is seeking new Advisory Council members. The nature of our advisory board is to provide Complex staff with vision and recommendations regarding community center and pool programs, projects, and special events. These include but are not limited to youth, teen, and adult programs and classes; community events and projects; fundraising efforts; marketing. The Advisory Council also provides citizen input to the Seattle Department of Parks and Recreation.

- Help make a BIG difference in our community!
- We are seeking a diverse group of adult individuals.
- We need your passion, energy, commitment, vision, and voice!
- Your voice is so important!
- Your commitment of 15 - 20 hours a year will provide the kind of energy that is needed to keep Green Lake Complex progressive now and in the future.
- No board experience necessary!

We meet once a month on the 3rd Tuesday for about 1.5 hours.

Contact Community Center Coordinator Jeff Skinner for information, 206-684-0780.



PATHWAY OF LIGHTS

Saturday, December 9th, 2006

5:30 - 8:30pm

Rain OR Shine!

Come join others in a "walk of lights" around the lake and take in the warm glow of luminarias that line Green Lake Park's entire pathway. Listen to holiday music at the Community Center, Aqua Theatre, and Seattle Public Theatre, and listen to strolling carolers.

VOLUNTEERS NEEDED

We need LOTS of volunteer support for this event! We need help the day of the event preparing luminarias, setting up performance and luminaria areas, lighting luminarias, and clean up.

We also need strolling carolers, quiet musical instruments, and holiday music choirs.

Call Barb at 206-684-0780 or e-mail barb.drake@seattle.gov if you or your group would like to help out.

Teen Late Night & Swim • Drop-in Sports & Games



Late Night for Teens

Teen Late Night Recreation Program

7:00p.m. - Midnight

Ages: Boys and Girls 13 - 19 years old

Meadowbrook Teen Life Center

10750 30th Ave NE

206-684-7523

Friday Night - Middle School Only

1st Friday Music Studio
2nd Friday Culinary Arts
3rd Friday Teen Swim (Middle / High School)
4th Friday Pizza & a Movie

Saturday Night - High School Only

1st Saturday Culinary Arts
2nd Saturday Pizza & a Movie
3rd Saturday Pool Saturday
4th Saturday Special Event / Field Trip

Bitter Lake Community Center Annex

13040 Greenwood Avenue North

206-684-7524 or 386-9870

1st Fri. and Sat. Teen Skate
2nd Fri. and Sat. 3 on 3 Tourney
3rd Fri. and Sat. BBQ and a Movie
4th Fri. and Sat. Teen Swim at Madison Pool

Tuesday Teen Drop-in Swim

Every Tuesday night we have a free swim at Green Lake Evans Pool for teens 12 to 18 years old who attend either middle or high school. Teens must produce an I.D. that shows proof of age if asked. All participants are required to sign in and follow all swimming pool rules. This swim is supervised by community center and pool staff. Please bring necessary swim gear: swimming suit, towel, goggles, ear plugs. Call Recreation Leader Damien Hicks for further information, 206-684-0780.

Adult Sports Drop-in Fees

The City of Seattle charges an adult sports drop-in fee. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming. The fee is \$2 per session for adults and \$1 per session for seniors.

Check out drop-in open gym, open volleyball, and open ping pong.

Drop-in Open Gym for All Ages

Call now for Saturday times during the months of November and December, 2006; 206-684-0780. This program will be offered at the times listed below.

\$2/person

**M/T/W/F
Saturday**

**11:30 a.m. – 3 p.m.
Closed Jan. - mid-March**



Friday Night Drop-in Adult Volleyball Play

This program takes a break December 2006 through mid-March, 2007, then begins EVERY Friday night. Come as a team or individual. All levels are welcome! Try volleyball for the first time, brush up on your skills, get some extra practice before that game, or enjoy a friendly game with friends. Please note that times are subject to occasional change. Please call in advance or stop by to check on the number of people interested that day, 206-684-0780.

\$2/person

Fridays

6:00 – 8:30 p.m.

Drop-in Game Areas for All Ages

Our game room is geared for the drop-in user who wants to play a few games of air hockey, foosball, or ping pong. Adult supervision is required for children 10 years and younger.

Please note: there is a drop-in fee for adults who want to play 1/2 hour or longer of ping pong - \$2 for adults; \$1 for seniors. There is no limit on playing time, but we ask that players be courteous to others who want to drop-in and play.

A pool table is available for the drop-in use in our lobby area just outside the game room.

Bring your own equipment to play any of the games. The community center provides equipment in exchange for a trade-in item.

Cheerleading • Dance • Jump Roping

NEW PROGRAMS

Cheerleading & Dance for Preschoolers

Our instructor from Liberty Bell Spirit Squad staff teaches the FUN and fundamentals of cheerleading with the added FUN of movement and dance during this "mini" program. A t-shirt is included. Min 6 / Max 10

Ages 3 - 5 **\$30**
Location: room 1
#12995 **1/26 - 3/2**
Friday **10:30 - 11 a.m.**

Jump Rope Club for Kids

Instructor Mere Crafton is a freestyle and speed champion who now teaches classes and performs at special events around Seattle and for Cirque de Soleil internationally. She has jumped rope for 17 years, has been a member of a world championship jump rope team in Indiana, and has traveled the world performing and teaching kids of all ages her unique skills and routines. The class is focused on youth motivation and fitness, and taught in a "success-oriented" teaching style that allows kids to work at their own pace in an inspiring environment. Min 7 / Max 15
Instructor: Mere Crafton

Ages 6 - 12 **\$75**
Location: room 1
#12973 **1/24 - 3/14**
Wednesday **5:15 - 6:15 p.m.**

Hip Hop Dance Fusion for Kids & Teens

This 2 day class is a way to try something different that explores movement in a FUN, easy, way. NO dance experience is necessary - just move when you hear the beat! Come explore hip/hop movement and learn choreographed steps with Fuzion Dance Team staff from Liberty Bell Spirit Squad. **Min 6 / Max 12**

Ages 8 - 14 **\$25**
Location: room 3
#12969 **3/14 - 3/21**
Wednesday **5:15 - 6:45 p.m.**

Cheerleading & Dance for Youth & Teens

Our instructor from Liberty Bell Spirit Squad Staff teaches the fundamentals of cheerleading techniques, including arm motions, body position, jumps, voice projection, and cheer etiquette balanced with fun, teamwork, safety, and values. Participants will also learn basic dance technique. A t-shirt is included. Min 6 / Max 20

No Class 2/21

Ages 4 - 6 **\$48**
Location: room 3
#12950 **1/24 - 3/7**
Wednesday **5:15 - 6 p.m.**

Ages 7 - 14 **\$48**
Location: room 3
#12951 **1/24 - 3/7**
Wednesday **6:00 - 6:45 p.m.**

Green Lake Yoga for Seniors

Please see page 16. Register through Green Lake Community Center beginning December 4 by phone, (206) 684-0780, walk-in, at the center or online.

Hawaiian Dance for Girls, Teens, Adults

For girls, women, and partners. You will think you are on the Islands as you learn to dance Hawaiian style! No experience is necessary - just follow the beautiful music and instructions! This class is designed for pre-teen girls and women who are interested in a fun, active class - one that will transform you from observer to active participant. Learn and combine basic dance steps and hand movements to complete routines in a friendly, supportive atmosphere. You will warm up, learn technique, and practice dance each class (a sampling of hula, from its root through adaptations, to its modern day appearance.) Min 6 / Max 12

Instructor: Eileen Mumm

Ages 10 - 59 **\$42**
Location: room 3
Tuesday **5:45 - 6:45 p.m.**
#12962 **1/9 - 2/13**
#12963 **2/20 - 3/27**

Pottery

Pottery for Toddlers & Parents

We provide multi-lingual instruction in English, Mandarin, and Spanish! This class is for new **or** continuing students. We offer student only **or** parent with child classes. It's a fun and exciting art experience. You will learn basic pottery skills while creating imaginative projects. Note: only parent with child classes learn how to use the pottery wheel. **All supplies are included.** Wear clothes to get messy.

Instructor: Liang-yin Chen

No Class 1/15

Location: Pottery Studio

Preschool Pottery *(Child only)*

Ages 3 - 5 **\$55**

Monday **10:30 - 11:15 a.m.**

#12997 **1/8 - 2/12**

Min 5 / Max 5

Parent with Child

Ages 3 - 5 **\$65**

Monday **5:30 - 6:30 p.m.**

#12991 **1/8 - 2/12**

#12992 **2/26 - 3/26**

Min 5 / Max 6

Pottery for Kids

We provide multi-lingual instruction in English, Mandarin, and Spanish! This class is for new **or** continuing students. Make your own dinnerware and decorative room items or a tea pot set for a tea ceremony, personalized by your imagination. Also learn how to use the pottery wheel and combine hand-building techniques to create projects. **All supplies are included.** Wear clothes to get messy. Min 5 / Max 6

Instructor: Liang-yin Chen

No Lesson 1/15

Ages 6 - 12 **\$55**

Location: Pottery Studio

Monday **4:15 - 5:15 p.m.**

#12987 **1/8 - 2/12**

#12989 **2/26 - 3/26**

Adult Pottery

Fee includes 3 hours of instruction per week, 25 lbs. of clay, kiln and glaze materials, and access to the studio for practice time. Additional clay costs \$10 per bag. Sorry we must prohibit advanced production work. Kiln use is limited to beginning and intermediate production levels. Enrollment closes after the second class. Each student is required to read, sign, and follow a pottery class agreement in order to register. Min 8 / Max 12

Instructor: Liang-yin Chen

Ages 18 and older **\$210**

Location: Pottery Studio

Beginning Pottery

#12985 **1/9 - 3/13**

Tuesday **6 - 9 p.m.**

Intermediate Pottery

#12986 **1/10 - 3/14**

Wednesday **6 - 9 p.m.**



Advanced Pottery Studio

User Program

This new program is geared for the advanced potter who is not instruction-oriented. Specific program guidelines require review and acceptance before a person may register - please stop by or call 684-0780 to receive a copy. These guidelines also contain all user fees and charges. The pottery program director reserves the right not to accept a person into this program if he or she do not meet the necessary criteria and requirements. Due to limited studio space, a quarterly lottery registration is in place until more space becomes available. For more information, please call Barb at 206-684-0780.

Preschool Play & Learn • Music • Piano

Parks and Recreation provides "recreation programs" for preschool age children, who are 3 and 4 years old and 5 years old not enrolled in school. The State Department of Social and Health Services (DSHS) define "child care" in a specific manner which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3½ contiguous hours in a day.

Play & Learn Program for Toddlers

Children socialize, play, and learn in a child-centered environment through arts and crafts, imaginative play, construction, large and small muscle development, coordination, music, and movement. Parent orientation is available for those wanting to learn more on problem solving approaches to behavior for later sharing at home with their child. For more information, call Barb at (206) 684-0780. This is a year-round class with no breaks. Parents provide snacks. Pre-requisites: conduct a ready-for-school assessment with the teacher; complete required forms while registering; register in person, preference is given to those who attended in previous months/school year and sibling of current students. Min 7 / Max 8

Teacher: Eleanor Reynolds

No Programs 1/15, 2/19

Ages 3 - 4 \$120

Location: Play and Learn room

Tue, Thu 9:45 a.m. - 12:15 p.m.

#12981 1/2 - 1/30

#12983 2/1 - 2/27

#12984 3/1 - 3/29

Ages 4 - 5 \$180

M/W/F 9:45 a.m. - 12:15 p.m.

#12976 1/3 - 1/31

#12978 2/2 - 2/28

#12980 3/2 - 3/30

Private Piano Lessons for Youth

This class operates on a month-to-month basis for beginner and intermediate students. Open enrollment begins December 4 for Jan - March classes. Pre-requisite: To continue throughout the quarter, child must be enrolled in the previous month to register for the next month. Parent has the option of 30 or 45 minute lessons (age dependent). Beginners learn rhythm, technique, and how to read music - the basics to play all your favorite songs! Intermediates develop their skills on a deeper level. Unlimited practice time is available on the community center piano - call 206-684-0780 to arrange for time.

Instructor: Mari Becker

Ages 5 and older \$80

Location: Teen Room

Thursdays

1/4 - 1/25 #13003 4:00 - 4:30pm

1/4 - 1/25 #13004 4:35 - 5:05pm

2/1 - 2/22 #13012 4:00 - 4:30pm

2/1 - 2/22 #13013 4:35 - 5:05pm

3/1 - 3/22 #13020 4:00 - 4:30pm

3/1 - 3/22 #13021 4:35 - 5:05pm

Ages 5 and older \$120

1/4 - 1/25 #13006 5:10 - 5:55pm

1/4 - 1/25 #13008 6:00 - 6:45pm

1/4 - 1/25 #13009 6:50 - 7:35pm

1/4 - 1/25 #13011 7:40 - 8:25pm

2/1 - 2/22 #13014 5:10 - 5:55pm

2/1 - 2/22 #13015 6:00 - 6:45pm

2/1 - 2/22 #13017 6:50 - 7:35pm

2/1 - 2/22 #13018 7:40 - 8:25pm

3/1 - 3/22 #13022 5:10 - 5:55pm

3/1 - 3/22 #13023 6:00 - 6:45pm

3/1 - 3/22 #13024 6:50 - 7:35pm

3/1 - 3/22 #13025 7:40 - 8:25pm

Toddler Music Development with Parent

This is a parent with child class that both can enjoy. Sing and dance, hop and skip, pound on hand drums and rhythm sticks. This FUN music and movement class, taught by Katy Webber, helps to develop your child's music skills, and to enhance memory and ability to identify sounds, colors, and instruction. Katy brings her guitar to teach new, fun, silly songs to sing and musical games to play. The fee includes all instruments. Min 5 pairs / Max 15 pairs

Ages 1 - 18 mo. w/parent \$56

Location: room 1

#13047 1/9 - 2/13

#13049 2/20 - 3/27

Tuesday 11:15 a.m. - 12 p.m.

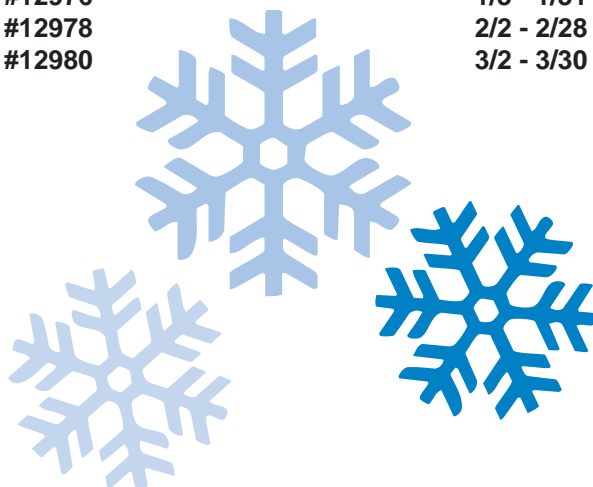
Ages 1½ - 3 yrs w/parent \$56

Location: room 1

#13050 1/9 - 2/13

#13051 2/20 - 3/27

Tuesday 10:15 - 11 a.m.



Dog Training & Environmental Art



Dog Training - Basic

Only one dog per handler please! For a handler 12 or younger, please get the instructors approval before registering. Dogs cannot be nose to nose at the first class. This class focuses on home manners such as come, down, sit, stand, and stay, and walking on a loose leash. The class is fast-moving, positive, and motivational. Bring proof of current vaccinations the first night. Bring a rug or mat, paper towels, plastic bags, a small bag of dried dog food or training treats, and your dog on a leash to each class. Please be sure your dog had not eaten at least 1 hour prior to class. Min 5 / Max 10.

Instructor: Sarah Kahn
No Class 2/14

Ages 10 and older

\$54

Location: room 3

#12955

Wednesday

1/24 - 3/7

7:00 - 8:00 p.m.

Recycled Mixed Media Sculpture

This class is PURE FUN and helps nourish a child's creative side by transforming simple recycled materials into colorful, unique art sculptures like paper bag castles and houses, funky air dry clay animals, big paper mache heads, and more! All supplies are included. Min 6 / Max 10

Instructor: Beth Zirngible

Ages 8 - 12

\$42

Location: room 3

Tuesday

4:00 - 5:00 p.m.

#13031

1/9 - 2/13

#13032

2/20 - 3/27



Play Space for Infants & Toddlers

Toddler Play Space - 6 months to 5 yrs

\$20 punch card (\$24 value) OR \$2 for drop-in

Our HUGE children's play space is said to be one of the BEST around. There are many children's toys and equipment available and it's a great way for your child to learn and socialize with other children. Parental supervision required. Please follow all play space rules, including using upstairs lobby area to eat your snacks.

Public Use Times:

Monday through Friday

10:00am - 7:00pm

Saturday

10:00am - 4:30pm

Private Rental Times:

Call (206) 684-0780 for room availability or costs. **Great for birthday parties!**

The play space closes during the week at 7 p.m. and on Saturday at 4:30 p.m. for cleaning.

Martial Arts & Self Defense

Intro to Kids Martial Arts

Warm up using fun animal techniques like crab and crocodile crawls, crane hops, and more. Then jump, run, and kick through some fun exercises. Learn how to stay safe around strangers and what to do if you become scared. Fun drills make this topic enjoyable while kids learn important safety skills. Finish with cool martial arts moves from many styles; blocks, kicks, and punches that can be safely practiced at home with family. A great class for getting out of the house and using that energy! Min 6 / Max 12

Instructor: Adam Shilling

Ages 4 - 5 **\$48**
Location: room 3
#12970 **1/24 - 3/14**
Wednesday **12:30 - 1 p.m.**

Intro to Kids Martial Arts

This martial arts and self defense class teaches how to use our body language and words to avoid and resolve conflicts with others kids. We'll talk about what makes a person act like a bully and how to spot these actions. Avoiding the situation is the next step as we discuss and practice simple awareness techniques with a main focus on how to appear to be "hard targets" for bullies so they will move on. Students learn self-defense techniques, rather than offensive techniques, to defend against aggressive actions. Min 6 / Max 12

Instructor: Adam Shilling

Ages 6 - 10 **\$48**
Location: room 3
#12971 **1/26 - 3/16**
Friday **12:30 - 1 p.m.**

Karate for Teens and Adults

Our highly trained and knowledgeable volunteer instructors teach advanced principles of karate: breathing control, energy generation, self healing, take-downs, joint locks, breakaways, and other martial arts techniques. Goju-Ryu karate is used as a medium for developing these principles. Minimal administrative fee is applied. Min 4 / Max 14

Instructor: Carol Gittins

Ages 12+ yrs - Adults **\$4 drop-in**
Location: Room 1
Saturdays **10:30am - 12:30pm**
Jan 6 - Mar 31

Tai-Chi Workshop

- The Simplified Version

Are you interested in learning TAI CHI - The Simplified Version? Experience this slow flowing movement and meditation which helps strengthen your mental concentration, assist in increasing your energy, and improve your balance. This routine may be completed in 15 minutes. So, if your time is limited, this workshop is for you. The instructor Rusheng Zheng has more than 20 years' experience with Tai Chi and is a local Chinese Medicine Doctor and Acupuncturist in Seattle. Min 6 / Max 14

Ages 18 and older **\$40**
Location: room 1
#13039 **2/3 - 2/24**
Saturday **3:30 - 5 p.m.**

Tai Chi for Adults

Our highly experienced and knowledgeable volunteer instructor, Jim Guidon, teaches this Chinese form of exercise using slow, soft, and circular movements to harmonize body and mind, often described as "a moving meditation" and a way to achieve health and tranquility. Tai Chi is excellent for balance, relaxation, and concentration. Wear loose, comfortable clothing. First session is free. Minimal administrative fee is applied. Min 4 / Max 14

Instructor: Jim Guidon

Ages 18+ years **\$2.00 Drop - in**
Location: room 3
Tuesdays **7 - 8 p.m.**
Jan 2 - Mar 27

Shorinji Kempo for Adults

Our highly trained and knowledgeable volunteer instructor teaches this martial art rooted in the life philosophy of Kongo Zen that includes kicks, punches, blocks, break holds, locks, pins, throws, and pressure-point techniques for therapy and self defense. Observers may drop in any time; new students may start on the first practice day of each month. Minimal administrative fee is applied. Min 4 / Max 15

Instructor: Hiroshi Onaka

Ages 18+ years **\$24/month**
Location: room 1
Tue, Thu **7:30 - 9 p.m.**
#13035 **1/2 - 1/30**
#13036 **2/1 - 2/27**
#13038 **3/1 - 3/29**

Martial Arts • Self Defense • Fencing

Hapkido for Adults

Classes offered Tues, Thurs. This Korean martial art means the "way of harmonious energy" instruction in offensive and defensive techniques: and this class includes kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, and how to fall, wrestle, and free spar. Gain control of your body and confidence through your ability to defend yourself with regular practice. Beginners are welcome and can start at any time with instructor approval. Min 4 / Max 14

Instructor: Ken Gilman

Ages 18+ years **\$24/month**
Location: room 1
Tues., Thurs. **6:00 - 7:30 p.m.**
#12957 **1/2 - 1/30**
#12958 **2/1 - 2/27**
#12959 **3/1 - 3/29**

Basic Self Defense for Youth & Adults

Everyone can learn to be more safe in their lives. This ongoing self-defense class covers the basics of self-defense for EVERYONE, no matter what age. Class covers defensive awareness, basic techniques, and other strategies of self-defense. This class is structured around each person's individual needs and abilities. Drop-in: \$6. Min 3 / Max 12

Instructor: Andrew McLane

No Class 1/15, 2/19

Ages 13 and older ***\$12, **\$16**
Location: room 3
Monday **7:00 - 8:30 p.m.**
#13251* **1/8 - 1/29**
#13253* **2/5 - 2/26**
#13254** **3/5 - 3/26**



Wado Ryu Karate for Youth & Adults

The term Wado-Ryu means "way of peace" or "way of harmony." This style of karate emphasizes dedication to basic karate technique. It is believed that not even a lifetime of basic practice will result in perfection of technique. This class emphasizes acquiring control of our bodies and bodily power. Students learn how to relax their shoulders, concentrate energy on a single point, rotate or twist at the waist and fist, and cultivate more perfect balance. On the mental side, students can build character and develop patience and concentration through regular and dedicated practice. Min 4 / Max 14

Instructor: Richard Anonsen

Ages 8 - 59 **\$24/month**
Location: room 1
Wednesday **6:15 - 7:15 p.m.,**
Friday **7:30 - 8:30 p.m.**
#13058 **1/3 - 1/31**
#13059 **2/2 - 2/28**
#13060 **3/2 - 3/30**



ART of Fencing for Teens & Adults

Safety, quality, and the ART of Fencing! International / National University student and instructor **Jason Norris (Bio supplied on request)** brings his passion of this century's old Art to Green Lake, where the essence of this martial arts form becomes the goal and victory may result from it through good form, sound technique, and good sportsmanship (good fencing performance, grace, and style). The art and game are treated with equal consideration. Graceful and vigorous, fencing sharpens the mind, strengthens the will, and enhances overall health. This class examines fencing as preparation for the duel, a form of exercise, and an athletic game. All fencing equipment is supplied: mask, gloves, jacket, safety flat-tipped sword - the same equipment used by Olympians. Min 4 / Max 12

Instructor: Jason Norris

Ages 13 - 60 **\$70/month**
Location: room 3
Friday **3:30 p.m. - 5:30 p.m.**
#13042 **1/5 - 1/26**
#13043 **2/2 - 2/23**
#13044 **3/2 - 3/23**

Yoga Fitness & Health

Hatha Yoga - AM & PM for Adults

Our highly experienced and knowledgeable instructor teaches this multi-level class that incorporates regular practice of Hatha Yoga postures (asanas) with breath awareness (pranayama), resulting in increased vitality, flexibility, and good muscle tone and stimulating the circulatory, respiratory, endocrine, and immune systems. Each class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind. Working knowledge of the basics is helpful but not necessary. Bring a large blanket or pad, bare feet, and an empty stomach. This class is not appropriate for women during pregnancy (see Prenatal Yoga). The Thursday class includes specialized work for strengthening the upper body and maintaining good bone density. Min 7 / Max 14

Instructor: Margaret McAndrew

Ages 18 - 60 **\$44**
Location: room 3
Tuesday **10 - 11 a.m.**
#13061 **1/9 - 2/13**
#13062 **2/20 - 3/27**

\$54
Thursday **7:30 - 8:45 p.m.**
#13063 **1/11 - 2/15**
#13064 **2/22 - 3/29**

Hatha Yoga - Beginning for Adults

This class includes an introduction to basic Hatha Yoga poses, breathing practices, and relaxation techniques for beginners and people recovering from recent illness or injury. Bring a pad or large blanket, empty stomach, and bare feet to class. Min 7 / Max 12

Instructor: Margaret McAndrew

Ages 18 - 60 **\$58**
Location: room 3
#12961 **1/18 - 3/8**
Thursday **6:25 - 7:25 p.m.**

Green Lake Yoga for Seniors

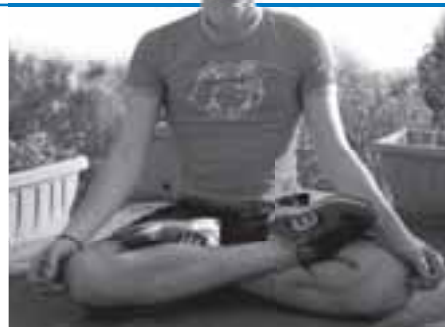
Please see page 16. Register through Green Lake Community Center beginning December 4 by phone, (206) 684-0780, walk-in, at the center or online.

Yoga - Aerobic Calisthenics Workshop

Easy to learn and POWERFUL! This yoga and stretching-based class isn't just another exercise class, but a series of concentrated exercises, working the major muscle groups of the body, legs, arms, lungs, stomach, upper and lower back, and internal organs to produce positive changes in the body in a short period of time. What's more, you'll feel results in one day and see results within one week! After a month, your body will look different and your mental capacities will be clearer and more focused. At the end of this 6 week class, you'll be able to take home a routine that you can do 15 - 20 minutes each day. Do them each morning and feel the difference in your life! Min 5 / Max 12

Instructor: Jeanette Alexander
No Class 2/19

Ages 18 - 60 **\$54**
Location: room 1
#13072 **1/22 - 3/5**
Monday **6:15 - 7:15 p.m.**



Yoga - Prenatal for Adults

This is specially designed program for women in their second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax, and maintain a positive outlook. Bring a blanket and two pillows to class. Medical authorization is required. Min 7 / Max 12

Instructor: Margaret McAndrew

Ages 18 - 45 **\$72**
Location: room 3
13065 **1/24 - 3/14**
Wednesday **10 - 11:15 a.m.**

Aerobic Fitness & Losing Weight

Cardio Kickboxing *for Adults*

Yoga, pilates, and kickboxing instructor Cherie Diel Calamba brings her passion for fitness to Green Lake from seven different fitness facilities in Seattle. **Kick-start your week into high gear with this high-energy aerobics class inspired by moves from the martial arts:** jabs, kicks, strikes, blocks, and much more - you'll get your heart pumping and burn a ton of calories - and do so safely while having fun! Class includes a core strength segment, warm-up, and cool-down stretch. Cross-trainers or other similar athletic footwear is recommended; wear clothes that breathe and move comfortably. \$10 drop-in fee. Min 6 / Max 12

Instructor: Cherie Diel Calamba

No Class 1/15, 2/19

Ages 18 - 60

Location: room 1

Mon, Wed

10 - 11 a.m.

#12946 1/8 - 1/31

\$56

#12948 2/5 - 2/28

\$56

#12949 3/5 - 3/28

\$64

Vigor & Flow *for Adults*

Yoga, pilates, and kickboxing instructor, Cherie Diel Calamba brings her passion for fitness from seven different fitness facilities in Seattle. **This class combines elements of yoga and pilates that would be perfect for the athlete, sports and exercise enthusiast, or anyone who enjoys a challenge.** Participants of all levels can begin wherever they feel comfortable. This class is dynamic and invigorating, synchronizing breath to movement and flowing through sequences of poses (asana) that will stretch the muscles and engage the sense of balance, and pilates-derived exercises that will engage the "core" or "powerhouse" (abdominals, back, and oblique muscles, principally) to strengthen, tone, and increase range of motion. Bring yoga mat, towel, and water bottle, and wear exercise-appropriate clothing. \$10 drop-in fee. Min 6 / Max 12

Instructor: Cherie Diel Calamba

No Class 1/15, 2/19

Ages 18 - 60

Location: room 1

Mon, Wed

11:15 a.m. - 12:15 p.m.

#13052 1/8 - 1/31

\$56

#13054 2/5 - 2/28

\$56

#13056 3/5 - 3/28

\$64

Mon, Wed

7:30 - 8:30 p.m.

#13053 1/8 - 1/31

\$56

#13055 2/5 - 2/28

\$56

#13057 3/5 - 3/28

\$64

NEW PROGRAMS

Losing Weight Naturally *for Women*

Designed for women, this workshop inspires and works. Denise Holz, a nutritionist and certified professional coach who integrates life coaching with nutritional counseling, teaches this class. Frustrated with yo-yo dieting and want a real solution for weight loss? **We overeat for remarkably good reasons, not because we lack will power. Begin the process of discovering what these reasons are for you, and turning them around!** You will learn how to uncover limiting beliefs, relieve yourself of the feelings that lead to overeating, and stop the inner turmoil. Also, learn a new strategy of eating to ensure your body's cooperation in losing fat without dieting. Bring a sack lunch and the intention to have a breakthrough. Min 4 / Max 10

Instructor: Denise Holz

Ages 18 - 60

\$79

Location: room 1

#12975

March 3rd

Saturday

10 a.m. - 5 p.m.



Winter & Spring Youth Sports

Winter Basketball - Cubs

Cub league basketball is organized for youth ages 8-9 years of age. Instruction and games are included. Check out specifics at each community center site. Please call (206) 684-0780 for more information.

10/30/2006 - 3/30

M/T/W/Th/F

3:30 - 8:30 p.m.

Boys

\$65

Age 8

#11408

Age 9

#11409

Girls

\$65

Ages 8-9

#11410

Winter Basketball - Citywide

Kids come participate in Green Lake Community Center's youth basketball leagues. This program focuses on providing a positive "team sport" experience while youth learn sportsmanship and the game of basketball. Boys and girls ages 8 - 17 years old as of September 1st, 2006 are welcome to play! Start registering for winter 2007 play on Saturday, October 7. Practices begin the week of October 30, and games begin in January 2007. **Note: all paperwork (*birth certificate, registration form, medical authorization form, code of conduct, and payment) must be fully complete in order to register for this program. Call 206-684-0780 for more information. Call ahead if you think you have a birth certificate on file at the center.**

Ages 10 - 17

\$65

Location: Gym

10/30/2006 - 3/30

M/T/W/T/F

3:30 - 8:30 p.m.

Boys

Age 10

#11263

Age 11

#11264

Age 12

#11265

Age 13

#11266

Ages 14 - 15

#11267

Ages 16 - 17

#11268

Girls

Age 10

#11270

Age 11

#11271

Age 12

#11272

Age 13

#11274

Ages 14 - 17

#11275

Citywide Youth Spring Sports

Registration packets will be available for pick-up for Citywide Youth Track and Field and Citywide Girls Softball at the community center starting Monday, February 26.

Track and Field

No experience is necessary. For boys and girls ages 5 to 17. Age is determined by the child's birth year. Registration is ongoing. Practices take place at Lower Woodland Track. Practice days/times will be noted in registration material. Please contact Damien Hicks for more information: 206-684-0780.

Girls Softball

No experience is necessary. For girls ages 10 - 17 years old. Age is determined by the child's age as of January 1, 2007. Teams are forming now! Registration ends when teams are full. Practices begin in early April - specifics will be noted in registration material. Please contact Damien Hicks for more information: 206-684-0780.



Volunteer Coaches, if you have experience with the game of basketball, have a positive inspirational attitude, love kids, and believe in the fun of the game, we want you as one of our coaches!

Table Tennis • Adult Sports • First Aid/CPR

First Aid and Adult CPR

This 7-hour course teaches the correct way to respond to an emergency, control bleeding, treat burns, poisonings and sudden illnesses, and treat adults who are choking, cannot breathe, or who require CPR. This course meets OSHA and WISHA requirements. Classes meet Tuesday, 4:30 - 8:30 p.m. and Thursday, 4:30 - 7:30 p.m. **Call the American Red Cross at (206) 726-3534 to register.**

Ages: Adult

Location: main floor room

Tues. & Thurs.

Jan 16 & 18

Feb 20 & 22

Mar 20 & 22



Green Lake Adult Spring Sports

Teams are now being formed for adult leagues starting in April, 2007. Contact Jeff Skinner, 206-684-0780, for more information and to place your team on the league list.

Womens Basketball Leagues

Monday or Tuesday night leagues begin in April, 2007.

Mon., Tues.

\$575.00

Womens Volleyball League

Wednesday night league begins in April, 2007.

Wednesdays

\$200.00

Co-Rec Volleyball League

Thursday night league begins in April, 2007.

Thursdays

\$200.00

Mens 30 and Over Basketball Leagues

Call Jason at 206-684-0780 to be put on an interest list as a team or individual. League will start when enough teams are formed.

Sundays

\$575.00

Sponsored by the Seattle Parks and Recreation Green Lake Community Center Advisory Council.

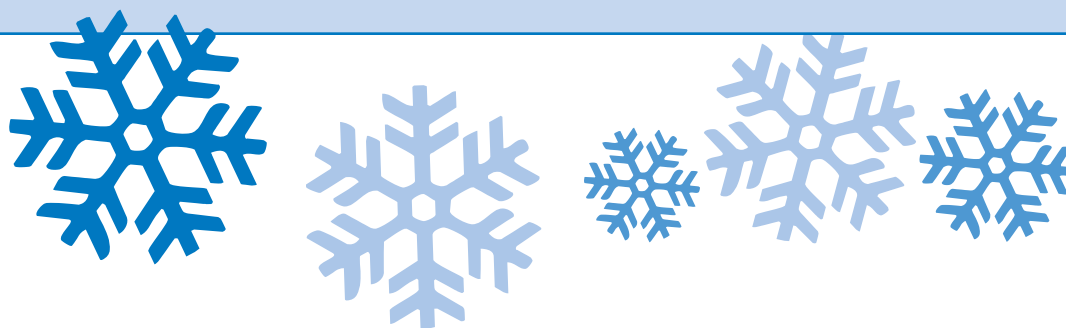
Table Tennis (Ping Pong) for All Levels of Play

Saturdays 5:00 - 9:00pm

Sundays 4:00 - 9:00pm

All skill levels, from beginners to the more experienced, are welcome. More experienced players will be on hand to help beginners learn and practice the game. We have ten tables available. \$4 per person. Please pay at the front desk upon arrival.

For specific information, please contact the Green Lake Table Tennis Club at glttc@tomveatch.com or call 206-366-0198 to inquire about the program at Green Lake and other sites.



Senior Adults

Green Lake Community Center Lifelong Recreation Programs

Winter 2007

Registration begins Mon. Dec. 4th

Questions: Contact Jayla McGill

206-386-9106

or Jayla.McGill@Seattle.gov

SOUND STEPS GREEN LAKE WALK

Free

Enjoy a walk around the lake, get fit, and meet new and old friends. Meet at Green Lake CC front door.

Mon/Wed/Fri **10:00 – 11:00 am**
Jan. 3 – Mar. 16

TAI CHI (Wu Style) **\$30/11 wk**

Learn fall prevention strategies, improve balance, and circulation with slow and gentle short movements.

Instructor: John Proebstel
Wednesdays **10:00 – 11:00 am**
Jan. 3 – Mar. 14

BODY CONDITIONING **\$30/11 wk**

This class includes overall stretching and strength conditioning with free weights and dynabands.

Instructor: TBA
Thursdays **10:30 – 11:30 am**
Jan. 4 – Mar. 15

FIELD TRIPS

Enjoy affordable day outings to local travel destinations offered weekly by Lifelong Recreation Programs, with van departures from Green Lake CC. Call Jayla for trip information at 206-386-9106.

Stress & Depression **Free**

Depression can occur after a stressful event in life, and we all experience stress! This class provides information on how to identify depression in yourself or a loved one, where you find support, and what helps. Please register by Jan. 16 by calling 206-386-9106.

Wed., Jan 17 **11:30 am - 12:30 pm**
Room 3

Chess Club

FREE

Join other chess enthusiasts every week throughout the year for a drop-in game of strategy and skill.

Instructor: W. Metzker

Ages Adults of all ages

Fridays

1 - 5 p.m.

Location: room #3

Green Lake C. C. Yoga for Seniors

Offered through Green Lake Community Center. Register by phone, (206) 684-0780, at the center, or online. This class is specially designed for the 60 or older person who feels a bit stiff, creaky, or easily winded. Warmup is followed by poses (modified as necessary) or done with aid of a chair, wall, blocks, or belt; breathing techniques are included. Each class ends with visualizations and deep relaxation. Min 7 / Max 12

Instructor: Margaret McAndrew

No Class 1/15, 2/19

Ages 60 and older

Monday		10 - 11:15 a.m.
#13066	1/8 - 1/29	\$12
#13067	2/5 - 2/26	\$12
#13068	3/5 - 3/26	\$16

Friday		10 - 11:15 a.m.
#13069	1/5 - 1/26	\$16
#13070	2/2 - 2/23	\$16
#13071	3/2 - 3/23	\$16

Senior Hawaiian Dance

Offered through Green Lake Community Center. Register by phone, (206) 684-0780, at the center, or online.

Move to the beautiful rhythm and flow of Hawaiian dance. No experience is necessary! This class is designed for seniors interested in a fun, active class that transforms you into an active participant. Learn and combine basic dance steps and hand movements to complete routines in a friendly, supportive atmosphere. Enjoy warmup, technique, and dance practice each class (a sampling of hula, from its root through adaptations, to its modern day appearance.) Min 6 / Max 12

Instructor: Eileen Mumm

Ages 60 and older

\$42

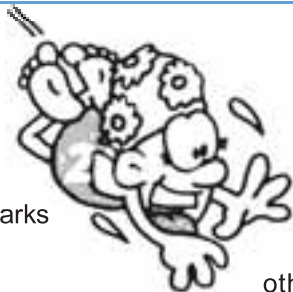
Location: room 3

Tuesday	4:30 - 5:30 p.m.
#13033	1/9 - 2/13
#13034	2/20 - 3/27

General Information

Evans Pool

7201 E Green Lake Dr N
Seattle, Wa 98115-5301
Phone: (206)684-4961
Fax: (206)684-0881
Visit us online at www.seattle.gov/parks



Professional Staff

Steve Vela, Aquatic Center Coordinator
Barb Marsh, Asst. Aquatic Center Coordinator
Ken Anderson, Pool Operator
Michael Bruesch, Senior Lifeguard
Cliff Evert, Senior Lifeguard
Krystal Wellman, Senior Lifeguard
Dayna Lange, PPT Lifeguard
Julie Lee, PPT Cashier
Kathy Whitman, Aquatics Manager
Patsy Siegismund, Senior Aquatics Coordinator

Hours of Operation

Mon. & Wed.	10:00a.m. - 9:30 p.m.*
Tue. & Thurs.	10:00 a.m. - 10:00 p.m.*
Friday	10:00 a.m. - 8:00p.m.*
Saturday	8:30 a.m. - 5:30 p.m.
Sunday	Closed

*Early morning lap swim hours M-F 6:00a.m.-7:30a.m.

Holiday Closures

Mon., January 1st	New Year's Day
Mon., Jan. 15th	Martin Luther King Jr. Day
Mon., February 19th	Presidents' Day

Program Registration

Open Registration will start at 10:30 a.m. on Monday, December 4th at the front desk of Evans Pool. Online registration will start at 7:00 a.m.

In order to make your online registration go smoother, set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/aquatics/evanspool.htm> and click on the SPARC section.

Program Dates

January 1 – March 25

Rentals

Evans Pool is available for special events and birthday parties Saturdays from 5:30 to 9:30 p.m. and Sundays from Noon to 8 p.m. (Sorry, no rentals are scheduled the second weekend of the month.) Please allow two weeks advance notice for all rental requests. Payment required to hold a reservation. For pricing information, call (206)684-4961 during operating hours.

Payment

We accept Visa, MasterCard, and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register for classes or book a rental, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration or rental will be cancelled until you pay the amount due plus a \$20 fee.

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Scholarships

The City of Seattle and Evans pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

Waiting Lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.



Evans Pool Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	6:00 – 7:30 EMLS ¹	EMLS ¹	EMLS ¹	EMLS ¹	EMLS ¹	Lap Swim 8:30 – 10:00	
7:45 – 9:30	Public Schools	Public Schools	Public Schools	Public Schools	Public Schools		
10:00 – 10:45	Aqua Jog	Hydro-Fit	Aqua Jog	Hydro-Fit	Aqua Jog	Hydro-Fit/Tots	
10:00 – 11:00	Shallow WX	Shallow WX	Shallow WX	Shallow WX	Shallow WX	Kinders Lessons	
11:00 – 11:30	Tots	3 Yr Olds Lessons	Tots	3 Yr Old Lessons	Tots	Beg. Youth Lessons	
11:30 – Noon	Kinders & 3 Yr Olds Lessons	Adult Lessons	Kinders & 3 Yr Olds Lessons	Adult Lessons	Kinders & 3 Yr Olds Lessons	Adv Y/ Comp Stroke Lessons	
Noon – 1:30	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	
1:30 – 2:30	Lap/Public Swim	Lap/Public Swim	Lap/Public Swim	Lap/Public Swim	Lap/Public Swim	Public Swim	
2:30 – 4:00	Lap Swim - 6 lanes starts 2/20/07	Lap Swim - 6 lanes starts 2/20/07	Lap Swim - 6 lanes starts 2/20/07	Lap Swim - 6 lanes starts 2/20/07	Lap Swim - 6 lanes starts 2/20/07	Special Pops 2:30 – 3:30	
4:00 – 4:30	Cascade	Kinders	Cascade	Kinders	Cascade	Public Swim 3:30 – 4:30	
4:30 – 5:00	Cascade	Beg. Youth	Cascade	Beg. Youth	Cascade	Lap Swim 4:30 – 5:30	Rentals Noon – 8 p.m. Call to schedule: 206-684-4961
5:00 – 5:30	Cascade	Adv Y/Kinders	Cascade	Adv Y/Kinders	Cascade		
5:30 – 6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30 – 7:00	Kinders Lessons	Tots/Priv Lessons	Kinders	Tots/Priv Lessons	Lap Swim		
7:00 – 7:30	Beg. Youth Lessons	Public Swim	Beg. Youth Lessons	Public Swim	Public Swim	Rentals 5:30 – 8:30	
7:30 – 8:00	Adv Y/Comp Lessons	Hydro-Fit 8:00 – 8:45 Shallow WX 8:00 – 9:00	Adv Y/Comp Lessons	Public Swim	Public Swim		
8:00 – 8:45	Adult Lessons		Adult Lessons				
8:30 – 9:00				Hydrofit 8:00 – 8:45 Shallow WX 8:00 – 9:00			
9:00 – 9:30	Masters 8:30 – 9:30	Adult Swim	Masters 8:30 – 9:30	Adult Swim			
9:30 – 10:00							

NOTES:

EMLS - Early morning lap swim admission by F.A.S.T. Pass, recreation swim card, exact change, or check only.

We will be closed Monday, January 1st; Monday, January 15th & Monday, February 19th.

Pool

2007 Fees and Charges

Recreation Swim Prices

Youth	\$2.75
Adult	\$3.75
Senior Adults	\$2.75
Spec. Pop/ADA	\$2.75
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00
Children under 1 yr	Free

Water Exercise Fees

Adult Fitness	\$4.75
Sr./Youth/ADA Fitness	\$3.00
Fitness Swim Ticket	\$30.00

Fees subject to change.

Swim Lesson Fees

(See Notes)

Swim Lessons ¹	\$5.00
3-Year-Old Lessons ¹	\$8.00
Private Lessons ²	\$25.00
Semi-Private Lessons ²	\$35.00

Notes

¹Cost per lesson

²Cost per half-hour

Other Fees

"Just a Shower"	\$3.75
Towel Rental	.50¢
Goggles	\$5.00/\$15.00
Caps	\$2.50/\$8.00
Sauna	\$3.75
Weights	\$2.50
w/ Swim Admission	\$1.50
Hydro-fit/Aqua Jogger Rental	\$1.50

***The F.A.S.T. Pass** is an unlimited personal monthly pass that allows you access to all fitness and recreational swim programs, sauna, and pool weight machine. It's good at any City pool! It's the best value for your buck!

Swim Lesson Information

Open Lesson Registration

DECEMBER 4th

Online Registration:

7:00am

Walk in Registration:

10:30am

DECEMBER 5th

Phone in Registration:

10:30am

Get your account and PIN now!

In order to make your online registration go smoother, set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/aquatics/evanspool.htm>, and click on the SPARC section.

Learn to Swim



Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students in Seattle. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For more information on the Learn to Swim program, please call Evans Pool at 206-684-4961 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm



Swim Lessons

Parent Tot Swim Lessons

This class provides an introduction to the water for infants and toddlers. The instructor teaches the parent how to safely help adjust the child to the water, introduces basic holds and cues, and emphasized enjoyment and relaxation. Each child must be accompanied in the water by a parent or adult.

Age: 6 Months – 4 Years

Location: Pool – Main

#12124	Mon	11:00-11:30am	1/8-3/26	\$50*
#12125	Tue	6:30- 7:00pm	1/9-3/27	\$60
#12126	Wed	11:00-11:30am	1/10-3/28	\$60
#12127	Thu	6:30- 7:00pm	1/11-3/29	\$60
#12128	Fri	11:00-11:30am	1/12-3/30	\$60
#12129	Sat	10:00-10:30am	1/13-3/31	\$60

**No class 1/15 & 2/19*

Three Year Old Lessons

These are small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety.

Ages: 3 Years

#12133	Mon	11:30-12:00pm	1/8-3/26	\$80*
#12134	Tue	11:00-11:30am	1/9-3/27	\$96
#12135	Wed	11:30-12:00pm	1/10-3/28	\$96
#12137	Thu	11:00-11:30am	1/11-3/29	\$96
#12138	Fri	11:30-12:00pm	1/12-3/30	\$96

**No class 1/15 & 2/19*



Register Online!

Set up an account and receive a pin # at www.seattle.gov/parks. An account takes one business day to set up.

Registration day is December 4th.

Kinder Lessons

The instructor teaches basic swimming skills. In progressive levels. K1 and K2 classes cover water adjustment and basic skills for children with no or little swimming experience. K3 and K4 progress to more advanced skills.

Ages: 4 - 6

#12116	Mon	4:30- 7:00pm	1/8-3/26	\$50*
#12117	Tue	4:00- 4:30pm	1/9-3/27	\$60
#12118	Wed	6:30- 7:00pm	1/10-3/28	\$60
#12119	Thu	4:00- 4:30pm	1/11-3/29	\$60
#12120	Sat	10:30-11:00am	1/13-3/31	\$60

**No class 1/15 & 2/19*

Kinder Lessons (Levels 1,2)

Ages: 4 - 6

#12112	Mon	11:30-12:00pm	1/8-3/26	\$50*
#12113	Tue	5:00- 5:30pm	1/9-3/27	\$60
#12114	Wed	11:30-12:00pm	1/10-3/28	\$60
#12115	Fri	11:30-12:00pm	1/12-3/30	\$60

**No class 1/15 & 2/19*

Swim Lessons

Beginning Youth Lessons

These youth lessons are offered in American Red Cross progressive skill levels 1-4. Skills begin with water adjustment and end with the five major strokes, and includes water safety skills and diving.

Age: 7 - 13

#12104	Mon	7:00- 7:30pm	1/8-3/26	\$50*
#12105	Tue	4:30- 5:00pm	1/9-3/27	\$60
#12106	Wed	7:00- 7:30pm	1/10-3/28	\$60
#12107	Thu	4:30- 5:00pm	1/11-3/29	\$60
#12108	Sat	11:00-11:30am	1/13-3/31	\$60

***No class 1/15 & 2/19**

Youth Advanced Lessons

These classes provide progressive skill lessons for youths who have completed level 4. They must be comfortable swimming lengths of the pool, have strong flotation and crawl stroke skills, and a good whip kick. Students learn the four major strokes, refine techniques, build strength and endurance, and practice water safety skills.

Age: 7 – 13

#12099	Mon	7:30- 8:00pm	1/8-3/26	\$50*
#12100	Tue	5:00- 5:30pm	1/9-3/27	\$60
#12101	Wed	7:30- 8:00pm	1/10-3/28	\$60
#12102	Thu	5:00- 5:30pm	1/11-3/29	\$60
#12103	Sat	11:30-12:00pm	1/13-3/31	\$60

***No class 1/15 & 2/19**



Competitive Stroke

This class is for advanced youth level swimmers who are interested in preparing for swim team or just learning competitive swim skills. Participants must have passed youth level 7.

Age: 7 – 13

#12109	Mon	7:30- 8:00pm	1/8-3/26	\$50*
#12110	Wed	7:30- 8:00pm	1/10-3/28	\$60
#12111	Sat	11:30-12:00pm	1/13-3/31	\$60

***No class 1/15 & 2/19**

Adult Swimming Lessons

These classes are for both non-swimmers and experienced swimmers. This class begins with basic water adjustment and ends with advanced swimming strokes. Instructors make a skills assessment and tailor lessons to the needs of the participants. Some optional basic diving skills may be taught.

Age: 14 and up

#12092	Mon	8:00- 8:30pm	1/8-3/26	\$50*
#12096	Tue	11:30-12:00pm	1/9-3/27	\$60
#12097	Wed	8:00- 8:30pm	1/10-3/28	\$60
#12098	Thu	11:30-12:00pm	1/11-3/29	\$60

***No class 1/15 & 2/19**

Special Pops Lessons

30 minute lessons for participants with special needs.

Age: 4 – 17

#12130	Sat	2:30- 3:00pm	1/13-3/31	\$60
#12131	Sat	3:00- 3:30pm	1/13-3/31	\$60

Water Fitness

Lap Swim

\$3.75 Adults / \$2.75 Senior/ Youth/ ADA

During this time the pool is available for lap swimmers only. Swimmers of all ages are welcome as long as they follow the lap swim rules.

Monday – Friday 6:00-7:30am* (6 lanes)
Monday – Friday 1:30-2:30pm (3 lanes)
Monday – Friday 2:30-4:00pm (6 lanes)

swim starts February 20th

Monday – Thursday 5:30-6:30pm (6 lanes)
Friday 5:30-7:00pm (6 lanes)
Saturday 8:30-10:00am (6 lanes)
Saturday 4:30-5:30pm (6 lanes)

**Admission is by check, pre-purchased Recreation Card, or FAST Pass only.*

Adult & Sr. Swim

\$3.75 Adults / \$2.75 Senior/ADA

During Adult and Sr. swim the pool is divided into three lap lanes and an open area. This swim is for swimmers ages 18 and over.

Monday – Saturday 12:00- 1:30pm
Tuesday 9:00-10:00pm
Thursday 9:00-10:00pm

Masters Workout

\$4.75 Adults / \$3.00 Senior/ Youth/ ADA

Our staff will post a workout ranging from 2,000 – 3,000 yards. Lanes are arranged for different speeds and swimming abilities. This is a self-driven workout (not-coached). However, knowledgeable staff are available to answer questions.

Monday 8:30-9:30pm
Wednesday 8:30-9:30pm

Shallow Water Exercise

\$4.75 Adult / \$3.00 Senior/Youth/ADA

These shallow water workouts are designed to help improve cardiovascular conditioning increase joint range of motion and flexibility. AM and PM classes vary in intensity. Evening classes tend to be higher impact. Participants are encouraged to work at their own pace.

Monday – Friday 10:00-11:00am
Tuesday 8:00- 9:00pm
Thursday 8:00- 9:00pm

Videotaping & Stroke Correction Class

Have you seen yourself swim? We can help you! Come sign up for our new videotaping program – a must for all tri-athletes and competitive swimmers. We have two options available. Ask the cashier for the schedule!

Option #1: Video with Consult **\$25**

We will videotape your strokes and watch them with you to correct your strokes and improve stroke efficiency. The videotape is yours to take home with you.

Option #2: Video Only **\$15**

We will videotape your strokes; and you keep the video.

Deep Water Aqua-Jogging

\$4.75 Adult / \$3.00 Senior/Youth/ADA

Aqua jogging is a great way to experience the benefits of aerobic exercise without the harmful impact of most land-based workouts. Participants wear a float belt to maintain proper body alignment and keep the head above water. The workout consists of suspended deep water running and interval routines augmented by enhanced upper body resistance training. Participant must be comfortable in deep water.

Mon/Wed/Fri 10:00-10:45am

Hydro-Fit

\$4.75 Adult / \$3.00 Senior/Youth/ADA

Hydro-Fit is a 45 minute deep water exercise program that uses ankle flotation equipment for buoyancy and resistance. Hydro-Fit workouts are designed to tone, strengthen, build endurance, develop coordination, and increase flexibility. Participants must be comfortable in deep water.

Tue/Thu/Sat 10:00-10:45am
Tue/Thu 8:00- 8:45pm

Recreational Swimming

Public Swim

\$3.75 Adult / \$2.75 Senior/Youth/ADA

The public swim time is an open swim for all ages. The diving board and slide are open during evening and weekend times. Children under four feet tall or younger than six need to be accompanied by an adult.

Monday – Saturday 1:30-2:30pm
Tue/Thu/Fri 7:00-8:00pm
Saturday 3:30-4:30pm

Free Tuesday Teen Late Night Swim

This Tuesday night recreational swim is set aside for teens only. They can enjoy the whole pool, diving board, and slide under the supervision of our lifeguards. (There are no lessons offered at this time). Additional structured teen programs and activities are scheduled at Green Lake Community Center. Open to teens 13 to 18. Please sign in at the front desk.

Tuesdays 7:00 - 8:00 p.m.

Weight Training Area

Evans Pool has a weight training area that includes a Universal Machine, a Stair Stepper, and some free weights. The weight training area is open during normal hours of operation to adults 18 and older. There is a separate usage fee and participants are asked to sign in each time.

Fees: \$2.50 for weights only, \$1.50 if paying for a recreational swim



Special Events

Valentine's Day Swim/Potluck

Come on down and sing with the Sauna Lizards to all your old favorites. There will be live music, free massages, and lots of good eatin'! Enjoy adults only swim from noon-1:30pm and an all ages swim from 1:30-2:30pm. If you bring a dish to snack on, your admission is free! Come swim with your sweetie and have a fun filled day!

Saturday, February 10th



Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-4788
Garfield Teen Life Center	684-4550
Green Lake	684-0780
Hiawatha	684-7441
High Point	684-7422
Jefferson	684-7481
Langston Hughes P.A.C.	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Northgate	386-4283
Queen Anne	386-4240
Rainier Beach	386-1925
Rainier	386-1919
Ravenna-Eckstein	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Pools

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440
Colman (Summer only)	684-7494
Mounger (Summer only)	684-4708

Environmental Learning Centers

Carkeek Park ELC	684-0877
Camp Long ELC	684-7434
Discovery Park ELC	386-4236
Seward Park ELC	684-4396

Boating

Green Lake Small Craft Ctr.	684-4074
Green Lake Boat Rental	527-0171
Mt Baker Rowing & Sailing	386-1913
Boat Launch Permits	684-4075

Community Connections

Animal Control	386-4254
Aquarium Info	386-4320
Arboretum	543-8800
Ballard Football	789-9760
Ballard Little League	789-3288

Ballfield Reservations	684-4082
Bats Northwest	256-0406
Bathhouse Theater	524-1300
Compliments/Complaints	684-4837
Fremont Nbrhd Svc Ctr	684-4054
Green Lake Library	684-7547
Green Lake 2020	781-8886
Green Lake Park Alliance	689-6266
Greenwood Nbrhd Svc Ctr.	684-4096
Handicapped Programs	684-4950
Lake City Nbrhd Svc Ctr	684-7526
Meadowbrook Family Ctr	366-925
North Central Little League	706-9268
Parking Enforcement	625-5011
Parks Information	684-4075
North-End Cab	363-3333
PAWS	743-3845
Picnic Reservations	684-4081
Pitch & Putt Golf	632-2280
RUG Youth Baseball	523-8377
Senior Adult Programs	684-4951
Seattle Tennis Center	684-4764
U-District Nbrhd Svc Ctr	684-7542
Wading Pool Hotline	684-7796
Wild Bird Clinic	824-6249
Woodlawn Youth Soccer	632-1930
Yellow Cab	622-6500
Zoo information	684-4800

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active plays areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

Green Lake Community Center Evans Pool

7201 E Green Lake Drive N
Seattle, WA 98115
K1662

Visit us at www.seattle.gov/parks